

BIATHLON CLINIC

START SEASON 2023/24 IN THE BEST WAY

WITH ANDREA HENKEL BURKE

In Cooperation with Mirror Lake Inn Resort & Spa

May 5th - 7th 2023

FOR COMPETING MASTER BIATHLETES

With the option to enjoy your getaway with your partner, friend, or other family members.

BIATHLON PROGRAM

FRIDAY, MAY 5th:

3 - 5 pm: Meet at the range at Mt. van Hoevenberg

- Shooting slow fire
- Skiing technique - roller skis

After that:

- Enjoy the INN & SPA
- Workshop - structure your training year - you leave with a season plan

Dinner:

- Optional: Dinner at the Cottage that night with everyone who wants to join - I will be there 😊

SATURDAY

Endurance Day:

8 am Breakfast

9 am departure to Whiteface Mountain (bring bounding poles!)

- Hill bounding session to Gondola (different groups, different workout plans)
- Stretching at the Gondola platform with a spectacular view.

around noon - Driving to van Hoevenberg

1 pm Lunch at von Hoevenberg

It is hopefully good weather, and we can sit outside and enjoy our lunch together. If not, it is also very nice inside the new mountain lodge.

- Food options:
 - van Hoevenberg cafeteria
 - ordering lunch box from Mirror Lake Inn
 - any other idea

2 - 3 pm shooting session (Slow Fire)

3 pm optional: for everyone who is not tired enough yet - 45min roller ski session 😊

Back to the hotel and rest - enjoy Mirror Lake Inn/ Sauna & Spa

6 - 6:30 pm dry fire at Mirror Lake Inn

Dinner on your own with your partners, friends, or others from the group, whenever and where ever you would like.

Everyone who is with a guest who is part of the culinary weekend (more information below) - Dinner at the View.

SUNDAY

6:45 - 7:15 Morning stretch and mobility - Outdoor

7:30 Breakfast

8:30 Departure to Mt. van Hoevenberg

9 - 11 am shooting slow fire and shooting with

option a) strength training

option b) roller skiing

option c) running

11 am Wrapping up the Camp

LODGING AT MIRROR LAKE INN

The same weekend, the Mirror Lake Inn is hosting the [Culinary Getaway](#). We thought it would be a nice option for spouses, partners, or other family members, who want to accompany and join and be on an agenda as well while the Biathletes are training.

RATES FOR DIFFERENT OPTIONS

Exclusive rates at Mirror Lake Inn, the #1 Resort in Lake Placid, in cooperation with the Biathlon Clinic. Rates are starting rates. If someone would like to book the next category room, of course, can upgrade.

Option 1: Biathlon Camp (Total Package Including: Room, Biathlon Clinic, Breakfast, Lectures).

- Double Occupancy \$372.00+ per person, per day
- Single Occupancy \$521.50+ per day

Option 2: Biathlon Camp + Culinary Getaway for Partner (includes one dinner a "The View" restaurant)

- \$694.50+ per day

Option 3: Biathlon Camp + Partner (not doing culinary)

- \$546.50+ per day

Option 4: Biathlon Camp everything except lodging:

- \$ 445

Optional Additions:

- Box Lunch = \$28.00 per person
- Room upgrades

Late check-out is possible, as well as extending your stay.

Arriving Thursday or staying Sunday night in addition:

- Double Occupancy (Includes Breakfast) \$279.00+
- Single Occupancy (Includes Breakfast) \$254.00+

INTERESTED IN BOOKING:

Please reach out to Christopher Jarvis at the Mirror Lake Inn

- 518-302-3033
- cjarvis@mirrorlakeinn.com

Any Questions about the camp:

Please reach out to me:

- trainer@andrea-burke.com

ADDITIONAL INFORMATION:

Book until April 25th. If not at least 6 Biathletes signed up for the camp by April 25th, the camp will be canceled.

Maximum capacity: 15 Biathletes

Cancellation policy: If you booked but need to cancel, you can do so up until April 28th.

What equipment to bring:

- Your own rifle and ammunition
- Roller skis, shoes, and poles for skating
- Hillbounding poles (best is length around the height of your armpits)
- Running shoes (best are trail running shoes)